

Hidden Dangers of Smoking

Paying the Price

Overview: Students will discover how smoking cigarettes does more than harm their health----it burns up their wallet.

Objective: To understand the high cost of smoking cigarettes.

Materials: Pencil, paper, calculator

Procedure: Give the class the following information:

A message you've heard a lot is that smoking is bad for you-----and it's true. In fact, tobacco kills more than 400,000 Americans every year, according to the American Cancer Society.

However, smoking does more than just harm your health----it costs a lot of money. In Florida, the average cost of a pack of cigarettes is \$4.50 per pack. And, smoking is addictive. That means the more you smoke, the more you want to smoke. It is common for regular smokers to smoke at least one pack of cigarettes a day-----that's 20 cigarettes! How much do you think it would cost a person to smoke a pack of cigarettes a day for one year? Let's do the math and find out.

It Adds Up!

Put the following chart on the board, overhead or copy paper. Have students think about the impact of the cost of cigarette smoking by completing the following chart. Let students find the cost of buying cigarettes for one week, one month, one year, and five years. After they have completed the chart, discuss the high cost of smoking and why a decision not to smoke is the wisest choice moneywise.

Amount of Time	Cost of Cigarette Smoking	What I Can Buy Instead
1 day	\$	
1 week	\$	
1 month	\$	

Benchmarks:

HE.5.B.1.4 Demonstrate the use of a variety of technologies to gather health information.

HE.4.C.2.4 Recognize types of school rules and community laws that promote health and disease prevention.

MA.5.A.6.5 Solve non-routine problems using various strategies including "solving a simpler problem" and "guess, check, and revise".

LA.4.5.2.3 The student will listen attentively to speakers and take notes as needed to ensure accuracy of information.

LA.5.5.2.1 Listen and speak to gain and share information for a variety of purposes, including personal interviews, dramatic and poetic recitations, and formal presentations.